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### The NEBLINE, February 1999

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## Remembering the 4-H lock-in

Tracy Kulm  
Extension Assistant

It's 9 a.m. Saturday, January, 16, 1999, and I am finally crawling into bed. What a long night. Thank goodness the 4-H teen council members are such efficient, knowledgeable, hardworking and thoughtful people. They truly made last night's event a positive experience. And what would we have done without Marilyn Schepers, our talented, resourceful teen council sponsor? Together they managed to organize and pull-off a very successful 5th and 6th grade lock-in.

Back at the October teen council meeting, while the teens were sewing tote bags to donate to a charity, they discussed ideas for the annual lock-in held in January. "What should the theme be this year?" Last year it

was, "Around the World in a Day" and the 5th and 6th graders "visited" Italy, Mexico and Japan. I thought the teens did a bang-up job.

They finally all agreed on the popular "Flintstones" cartoon for the theme and decided to use the prehistoric setting as their basis for the lock-in.

The November and December teen council meetings provided an opportunity for the youth to brainstorm. Committees were quickly decided upon and the youth assigned themselves to the committee that sparked their interest. There were committees

on food, education and crafts.

At the January teen council meeting the teens and Marilyn brought supplies to have a "run through." They made some of the crafts, discussed the program and prepared treats they planned on having at the lock-in.

The day had come. The teens began arriving yesterday evening around 5:30 carrying supplies, sleeping bags and their Flintstone outfits (some of the girls even had bones in their hair like Pebbles). They had about two hours to set up for the Flintstones 5th and 6th grade lock-in.

Finally it was time. The kids started arriving. The teens were soon busy registering, leading activities, making name tags and double-checking

the schedule.

Last night (and early this morning) they made paper, treasure rocks, fossils and nachos. They also played games and participated in creative activities. I know many of the teens have been camp counselors and many of the games and activities the teens led were learned there.

Time flew and before long the 5th and 6th graders were watching movies, eating popcorn and sleeping (well, most were sleeping. I know this because Marilyn and I were awake the entire night.)

I had just rested my forehead on the hard, cold table when the lights flashed on in the room. We were all up before the sun was and were soon engaged in some aerobic activities. I'm glad the teens were in charge of those activities as I wasn't feeling too energetic just then. I'm not feeling too energetic now. In fact, I believe I'm ready to go to sleep. First, I need to close those blinds.



## Reflections of Teen Leadership

Valerie Lemke  
Lancaster County 4-H Member

### Watching the Leaders

I've been in 4-H for 9 years and I can still remember when I first started how all those older 4-H'ers (also know as the teen leaders) would be doing so many things at the fair, and they would belong to so many groups and help the younger

kids like me. It was so cool and I wanted to be like them. They were my role models. Role models and teen leadership are two things that definitely go together.

### How to Begin

Now I'm a teen leader. How did I begin this teen leadership role? When I was 13 years old, I joined the 4-H Teen Council. There I met a

bunch of teens who were older than I. I was young and inexperienced about what the council did. The experienced members would include me and let me know what they were up to and what the club did. I discovered it was like a "cycle club" meaning I would

get as much out of the club as I put in it. What did I need to put into this club? A few ingredients include leadership, community service, morals, character and kindness.

I started off small. I helped the council with the food committee in the annual 4-H 5th and 6th grade lock-in. Then I began helping the 4-H teen council with all kinds of projects

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Lancaster County 4-H Council  
University of Nebraska  
Cooperative Extension in Lancaster County  
444 Cherry Creek Road  
Lincoln, Nebraska 68528-1507

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# The garden corner

**Is there a difference between flat and curled leafed parsley?**  
Flat-leafed parsley is called Italian parsley, and curled leaf parsley is sometimes called French parsley. Flat-leafed parsley tends to be more aromatic than the curled leaf. Curled leaf parsley is used more frequently as a garnish since it is more attractive than the flat-leafed kind. Parsley is a biennial that is grown as an annual because the leaves become bitter after the plant flowers. Parsley seed is slow to germinate. Some gardeners speed germination by soaking seeds in warm water for 24 hours prior to sowing. Parsley likes a well-drained, loamy soil and partial shade.

**How do you grow onions from seed?**  
Gardeners can grow their own onion seedlings for transplanting by sowing seeds indoors around February 15. Seedlings can be as close as four to five per inch. Clip the tops when seedlings reach four inches to keep plants from falling over and becoming crooked. Set plants outdoors around May 1 after danger of heavy frost is past. Place plants three to four inches apart and leave no more than 18 to 24 inches between rows. Commercial growers commonly space onions at 12 inches between rows, which is great for limited space gardeners.(DJ)

# Using garden catalogs

By now you have received your garden and flower catalogs from the different mail order companies. This would be a good time to go through the catalogs and choose what you are going to raise this year. As you are paging through, make special notes of new varieties you might try, days to maturity, size, adaptability to your location and other special characteristics of the variety to avoid surprises or disappointments later on.  
If you have a small garden plot you may need to think about crop rotation. This is very important to the home gardener for several reasons, such as reduction in weed, insect and disease problems. These problems may increase if proper rotations are not followed in your garden program.  
Check the catalogs for guarantees, special package deals, charts and information about disease tolerance and susceptibility. All of these things can help prevent disappointment as your garden matures. While you are making out your list, take an extra minute to check the tool and equipment pages. Are your tools in good condition and proper working order?  
Keep a copy of your order and the catalog you ordered from. This will be a good reference for you to use during the growing season. Catalog shopping can save time as well as provide you with the latest garden information available. (MJM)

### Horticulture information center

—24 hours a day—  
Check it out!

**The Lancaster County Horticulture Web Page**  
<http://www.ianr.unl.edu/ianr/lanco/hort/>  
New feature: Youth Garden Page

**NUFACTS**  
NUFACTS offers fast, convenient information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear. (MJM)

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# 1999 Perennial Plant of the Year

*Rudbeckia fulgida* var. *sullivantii* ‘Goldsturm’ has been selected by the Perennial Plant Association as the 1999 Perennial Plant of the Year. A member of the Asteraceae (Compositae) family, orange coneflower or black-eyed Susan has a native range from New Jersey west to Illinois. ‘Goldsturm’ orange coneflower is significant in its compact habit and one to two inch golden-yellow petals which encircle a nearly black cone of disk flowers. The leaves are coarse, dark green lanceolate to ovate, three to six inches long; stem leaves are smaller, almost bract-like. The “gold storm” blankets the tops of 18 to 30 inch tall plants from mid-July to October. Plant width is 24 inches.  
This excellent plant can be propagated by seed, division, or stem cuttings. Height and color uniformity can vary in plants grown from seed. Clump

division is done in early spring or fall, with spring preferred. Stem cuttings are taken as the stem tissue begins to harden. ‘Goldsturm’ is a long-blooming, low maintenance, long-lived perennial for full sun to partial shade. It tolerates clay soils and mild droughts, but grows best in well-drained, consistently moist soil. Plant bare-root or container-grown plants anytime during the growing season, 18 inches apart. When establishing a new planting be sure to mulch to retain moisture. ‘Goldsturm’ has few pest or disease problems.  
*Rudbeckia fulgida* var. *sullivantii* ‘Goldsturm’ works exceptionally well in landscapes because of its durability and dramatic visual impact. Stiff stems eliminate any need for staking. As a mid-border perennial, ‘Goldsturm’ adds a brilliant



splash of late summer color. Abundant flowering, low maintenance requirements, and proven reliability has earned *Rudbeckia fulgida* var. *sullivantii* ‘Goldsturm’ distinction as an award-winning perennial. (MJM)

# February/March Garden Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Check houseplants for insects	3	4	5	6
7	8	9	10 Do a germination test on saved seeds	11	12	13
14	15 Air layer leggy houseplants, like rubber plant	16	17 Cut flowering shrub branches for forcing	18 Check bird feeders	19	20
21	22 Order seeds	23	24	25	26 Prune fruit trees	27
28	1 Start perennial flower seeds indoors	2	3 Put up bird houses	4 Prune grape vines	5	6
7	8 Start a garden journal	9 Prune deciduous trees	10 Prune deciduous, non-spring flowering shrubs	11	12 Make a garden plan	13
14	15	16	17 Service Lawn mower & garden equipment	18	19	20
21	22 Start seeds indoors for transplants	23	24	25 Watch for spring bulb growth	26	27
28	29	30 Inventory garden tools and supplies	31 Turn compost pile			

Many of us need reminders. That is the purpose of this calendar. Check the calendar each month and follow the recommendations if they are necessary in your landscape situation. (MJM)

# A spoonful a day keeps the mole away

Forget chewing gum, marigolds, electronic gadgets and other alleged remedies for mole problems. A newly registered mole repellent is now on the market that research has shown to be safe, reliable and easy to use.  
It’s called Mole-Med and the active ingredient is castor oil. It’s been known for a long time that planting castor bean plants around your garden would discourage shallow tunneling into the garden during the growing season. This product takes the next logical step: it puts castor oil into the soil

where the moles tunnel and feed. Whether it’s the odor of the stuff or the bad taste it gives the grubs and other soil invertebrates that the moles feed on or something else about it that repels the animals is unclear. But it will repel eastern moles from treated to untreated areas after one or at most two applications according to label directions. It may not be effective against star-nosed moles, which tunnel deeper than eastern moles. Burrowing by eastern moles creates the familiar meandering ridges in home lawns and gardens; star-nosed moles occasionally pushup volcano-shaped mounds of soil like a pocket gopher.  
Mole-Med can be applied anytime the ground is not frozen. Effectiveness may range from 30 to 75 days or longer, depending on soil type, precipitation, the size of the mole population and the amount of food available.  
Mole-Med will work under the snow if the ground isn’t frozen or if the ice layer is thin and moles are active near the surface. (DJ)



# Mangy squirrels

Barb Ogg  
Extension Educator

We have heard reports of nearly hairless squirrels in Lincoln that are afflicted with mange. What is mange? Can pets or humans contract mange from the squirrels and other animals? Can something be done to help these squirrels?

Squirrels are vulnerable to numerous parasites and diseases, including ticks, fleas, internal parasites and mange. Mange is a term commonly used to describe the obvious signs of a burrowing mite infestation on an animal host. Mites are minute to microscopic 8-legged arthropods, related to ticks and spiders. Many mites are parasitic on plants or animals. Each different animal species probably has some kind of burrowing mite parasite associated with it. Most mites are fairly host specific, meaning that the mite variety survives best on one species of animal or closely related animals (like mice and rats). Some of these mites that infect other animals can attempt to feed on humans and non-related animals and cause some discomfort. However, the discomfort should be short-lived because these mites will not permanently establish on these other hosts.

Mange mites burrow into the skin of animals, feeding on subcutaneous tissues. The site of the infestation becomes irritated,

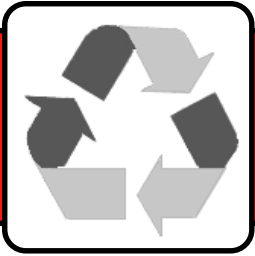
itchy and results in scratching by the host animal. Hair loss results in a very unkempt appearance.

*Sarcoptes scabiei* is the mite that is parasitic on humans producing a medical condition called “scabies”, the common term for human mange. Body areas where skin is thin, like between fingers, the bend of the knee and elbow are often infested. Because skin thins with age, sometimes the elderly are more susceptible to scabies. Intense itching accompanies scabies, and scratching can result in secondary bacterial skin infections. A medical doctor should be consulted for proper diagnosis and treatment of chronic skin disorders.

Dogs, cats and most domesticated animals also have some type of burrowing mite associated with them. Loss of hair and excessive scratching by pets may be a sign of mite infestation. This may also be a sign of fleas or other skin disorders, so a veterinarian should be consulted for a proper diagnosis.

It is sad to see beautiful wildlife animals looking so ragged and pathetic, but very little can be done to help them. Control of burrowing mites requires catching the animal and repeated applications of an insecticidal medication. Like other natural afflictions, mange may be nature’s way of eliminating weak individuals, thinning populations so only the healthiest survive.

## Environmental Focus



# Misplaced wildlife become problems



Problem wildlife are animals in the wrong place at the wrong time. Although these animals may seem annoying when in your neighborhood, most don’t pose a threat and measures can be taken to keep them away.

Raccoons, opossums, squirrels, bats, rabbits, snakes and skunks are the most common problem wildlife that can invade anywhere.

Many factors can contribute to a wildlife population increase, even in urban areas. A depression in the fur market has reduced the mortality factor for raccoons, and humans are expanding residential districts into areas that were once wildlife habitats. Also, humans provide a lot of food and cover that will attract animals.

Wild animals in urban areas often seek food or shelter in porches, chimneys and garages. Dog and cat food left outside or garbage cans with food in them also can lure the animals.

Eliminate these sources of food or shelter. Feed dogs or cats only one to two times a day

and make sure all food is eaten. Put lids on garbage cans tightly. Use steel or plastic containers with a tight seal.

If bats or squirrels seek shelter in chimneys, cap them with a cover that allows smoke to go out but prevents the animals from getting in. Keep garage doors closed. Screen underneath porches with woven wire, or wood lattice for a more attractive look.

If the problem persists, professional pest control operators can be found in the phone book and, for a fee, will come to a home to resolve the problem.

Live traps may be rented from a local humane society or municipal animal control office. These entities will pick up some trapped animals, particularly those that can transmit rabies. Traps also can be bought at most hardware stores.

If an animal is encountered, be alert for abnormal behavior. Raccoon or skunk activity during the day is considered abnormal behavior because they are nocturnal animals. Don’t

take chances of contracting rabies. If you do see a skunk or raccoon walking in the yard during the day, contact your local sheriff’s department and the local public health department. Tell the officer where the animal is. They should respond. Pets and children should be taken inside.

Beware of handling wild animals due to a risk of rabies, especially in raccoons and skunks. If a person does get bitten, wash the wound immediately because the virus is transmitted through saliva and contact a physician. The offending animal should be captured, killed and the intact head submitted to the state public health department for rabies testing. If shooting the animal, don’t shoot it in the head.

Although some danger may exist in wildlife, they can be enjoyed by all, as long as we can prevent and control the problems they may cause.

Source: Scott Hygnstrom, Ph.D., wildlife specialist, NU/ IANR. (SE)

## Beginning Beekeeping Workshop

What: Two 3-hour classroom sessions and one 6-hour hands-on lab.

When: Two classroom sessions: Tuesday and Wednesday, March 15 and 16. 6:30 to 9:30 p.m.

Where: Lancaster Extension Education Center, 444 Cherrycreek Road

Hands-on Lab: Saturday, April 10. 9 a.m. - 4 p.m. at UNL’s ARDC Apiary Lab (near Mead).

NOTE: You should have hive supplies and protective equipment to fully participate in the April 10 lab session. During the evening sessions, you can order the supplies and protective gear you will need.

The cost of this basic workshop is \$15, which includes refreshments and reference materials. Additional family members who will share reference materials may attend for \$8. Please preregister so we can order enough reference materials. Questions? Call (402) 441-7180. (BPO)



# Try this trash game! It’s fun!

You’ve heard of reduce, reuse and recycle, haven’t you? In this game, you can think of lots of ways to put the 3 R’s to work on an ordinary can of garbage.

1. On small pieces of scrap paper, write the names or draw simple pictures of ordinary objects you might find in a garbage can. Things like worn out or torn clothing, a glass bottle or jar, a plastic sandwich bag or a foam food container, maybe a paper napkin. What about an empty oatmeal box, old magazine, aluminum can, apple core, banana peel, egg shells or a milk carton. Old toys, junk mail,

a newspaper, an individual juice box would work but...you get the idea! If you have trouble thinking of things, look in your own garbage. It will give you loads of examples. When you have your names and/or drawings completed, put all of the papers in a container. This will be the “trash can” during the game.

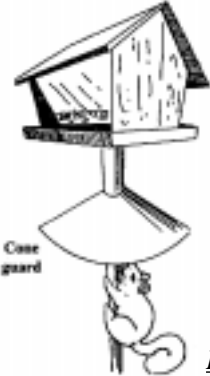
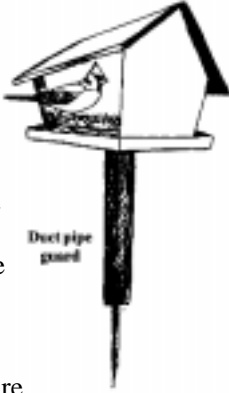
2. Reuse a plastic bottle to make a spinner. Sit in a circle, place the bottle in the middle of the group and ask someone to spin it. Whomever it points to must go to the “trash can” and

# Are squirrels using your bird feeders?

To deter squirrels, place feeders seven to eight feet away from solid tree limbs, fences or railings, and try to situate feeders so squirrels can’t jump onto them from above. To prevent access from below, erect feeders about five feet above the ground so squirrels can’t leap up to them, and add a guard over the feeder pole. One that is simple and effective can be made from aluminum duct pipe, about six inches in diameter and 24-inches long, installed over the feeder pole directly under the feeder. Squirrels that climb the pole can go inside the duct pipe from the bottom but are stopped when they encounter the bottom of the feeder. For feeders without a flat bottom, cover the lower end of the pipe with hardware cloth so that squirrels are stopped at that point. A variety of commercially available guards and specialty feeders are designed to prevent or discourage squirrel access to bird

feeders.

Another approach is to reduce the attractiveness of the food in feeders where squirrels are a problem. One option is a repellent feed additive called Squirrel Away™ that deters squirrels but not birds. The active ingredient is capsaicin, a derivative of peppers, which may have been nature’s way of discouraging seed-gnawing rodents while encouraging pepper-eating birds that spread the pepper seeds. Alternatively, consider offering safflower seeds, which are attractive to several birds but not squirrels. Finally, some people enjoy feeding squirrels hard corn on the cob, and, to increase the



squirrel antics, suspend the cob on a length of chain or place it in on a device that rotates.

Source: *Backyard Wildlife: Tips For Success* by Ron Johnson, Extension Specialist, University of Nebraska. The fifth in the backyard wildlife series, this NebGuide describes tips for success in bird feeding, adding water, birds to expect, dealing with nuisance wildlife, and others. For your free copy, send a stamped, self-addressed envelope to Backyard Wildlife G1332, 444 Cherrycreek Road, Lincoln, Nebraska 68528-1507, or stop by the extension office for your free copy. (SE)

# Friends, neighbors, co-workers

Each year, over 250 volunteers take part in **earth wellness festival** activities—people just like you:

- \* high school students
- \* college students/student teachers
- \* business/industry employees
- \* parents/grandparents
- \* service club members
- \* involved citizens

No experience is needed. Just a desire to help make a difference in our community. (SE)





# 1999 Integrated Crop Management Winter Programs

For more in-depth workshops that cover many topics, check out the Integrated Crop Management Winter Programs. These workshops will be held at UNL research and extension centers throughout Nebraska. Several workshops will be held at the ARDC, near Mead and two will be held in Lincoln. One-day workshops will have approximately six hours of training and will begin at 9 a.m. and end about 4 p.m. The two-day *Managing Alfalfa for Quality and Profit* workshop will include 9 hours of training. Registration fees include refreshments, lunch, and reference materials.

- Feb. 15: Advanced Row Crop Sprayer School; Lifelong Learning Center, Norfolk; \$50/\$60
  - Feb. 17: Advanced Soybean Management; College Park, Grand Island; \$65/\$75
  - Feb. 17: Understanding Farm Level Mapping with GIS/GPS Technology; Lifelong Learning Center, Norfolk; \$65/\$75
  - Feb. 22: Herbicide Mode of Action; ARDC, near Mead; \$65/\$75
  - Feb. 24: Applications in Farm Level Mapping; ARDC, near Mead; \$65/\$75
  - Feb. 25: Understanding Genetically Engineered Crops; Lifelong Learning Center, Norfolk; \$65/\$75
  - Feb 25: Reseeding CRP Acres, Lancaster Extension Education Center, Lincoln; 7 p.m.
  - Feb 26: Developing and Improving a Weed Management System; West Central Research and Extension Center; North Platte; \$65/\$75
  - March 2: Integrated Weed Management; Lifelong Learning Center, Norfolk; \$65/\$75
  - March 3: Why Silver Bullets Don't Last; College Park, Grand Island; \$65/\$75
  - March 4: Understanding Genetically Engineered Crops; West Central Research and Extension Center; North Platte; \$65/\$75
  - March 4: Highlights of Recent Nebraska Irrigation Research; Nebraska Center for Continuing Education, UNL-East Campus; \$65/\$75
  - March 9: Introduction to Farm Level Mapping with GIS/GPS Technology; College Park, Grand Island; \$65/\$75
  - March 15-16: Managing Alfalfa for Quality & Profit; College Park, Grand Island; \$95/\$105
  - March 17: Fundamentals of Bacterial & Viral Pathogens; Plant Science/Keim Hall; UNL East Campus; \$65/\$75
  - April 2: Prescribed Burn School, time and location TBA
- For more information, contact Barb Ogg (441-7180) for a brochure detailing these workshops. (BPO)

## Reseeding CRP acres

Some landowners and tenants who have CRP acres reentered into the program have found themselves facing a fairly complicated task. A lot of the CRP acres from the original program were seeded with brome grass, orchard and/or other cool season grasses. However, under the new Conservation Reserve Program, many producers have been informed that it is necessary to destroy the existing stand of grass before reseeding to native grasses or other options specified. Even though they have 12 months (24 months with NRCS approval) to get the new seeding established, a realistic conversion plan must be started now to meet the deadline. This information must be in their conservation plan

filed with the Natural Resources Conservation Service (NRCS). A workshop on Reseeding of CRP acres will be held at the Lancaster Extension Education Center Thursday, February 25, at 7 p.m. Participants will be informed of the legal procedures related to reseeding CRP acres. Other items to be discussed will include cultural methods to destroy existing grasses and recommendations to obtain optimal establishment of the new crop. Representatives of the Lancaster County NRCS and FSA offices will be present to answer questions relating to the procedures and rules for converting to the new Conservation Reserve Program. (WS)

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## Computerized financial record keeping

Lancaster County will be the site for two computerized financial record keeping workshops. A beginning-level workshop will be held on Thursday, February 11 and an advanced-level workshop on Thursday, February 25, both at the UNL Animal Science Building on East Campus in Lincoln. Both workshops will begin promptly at 9 a.m. and end at 4:30 p.m. Lunch will be served. The workshops will be presented in a hands-on teaching style with participants actually performing the tasks being demonstrated throughout the day. The concepts covered in the beginning level workshop include: setting up and starting your records, developing a chart of accounts (categories) to key income and expense transactions to, entering single and split

transactions, generating various types of reports, organizing transactions by enterprise, handling term loans, and reconciling your records with the bank statement. The concepts covered in the advanced level workshop include: Saving time by printing checks on the computer (which automatically makes the ledger entries), handling non-cash transactions (inventory shifted between enterprises), handling pre-paid expenses in a cash accounting system, tying transactions to tax schedules to save time on tax preparation, how to handle depreciation schedules, generating a balance sheet, handling lines of credit, and using the memo field to track expenses that cross enterprise and category groups (such as expenses associated with a

particular piece of equipment that may be used in multiple enterprises). The concepts taught are applicable to any of several inexpensive computerized record keeping programs, with modifications. These workshops will be taught hands-on using Quicken '98 Basic™ in the classroom. Registration will be limited due to space and computer availability on a first-come first-served basis. If you are interested, please contact the Extension office and ask to have a brochure and registration form sent to you. Registration fee for each workshop is \$30 for one person, \$37 for two people sharing one computer with two meals and one set of handouts, and \$45 for two people at one computer with two meals and two sets of handouts. (TD)

## Lime and other nutrients key to soil fertility

Many soils, especially in the southeast and eastern part of Nebraska, need lime and other nutrients such as phosphorus or potassium. Each year producers face questions of when and how to apply these fertilizer nutrients. Soil tests taken to a commercial or university lab can show if these nutrients are needed for optimum crop production. While some plant nutrients are applied annually, a proper lime application should last about eight years. When soils become acid (pH values of 5.6 are acid and below

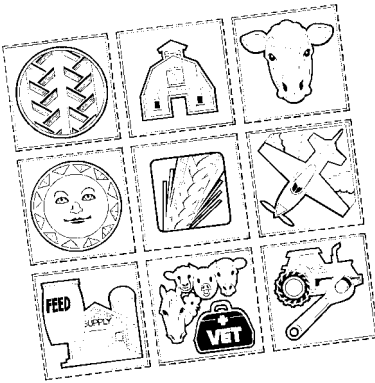
5.2 are very acid) elements such as aluminum and manganese are more likely to become soluble. Once aluminum is soluble, it becomes toxic to plant growth and will reduce yields. Lime recommendations usually are made to neutralize the top six to eight inches of the soil. The reaction takes place faster if the lime material is mixed in by disking or other tillage. However, a large number of crop producers are under a no-tillage system and don't want to till the soil. Lime work reported from Wisconsin indicates the recommended rate of lime can

be broadcast without incorporating. Eventually, lime left on the surface will move into the soil and slowly correct the acidity. There were no reported yield reductions; however, correcting the acidity problem in the top soil is slower than if the material is mixed in. Lime recommendations are based on 60 percent effective calcium carbonate. Lime effectiveness is determined by the actual amount of calcium and magnesium carbonate present in the material and how finely the material is ground. The finer the grind, the faster

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## Introduction to precision agriculture

March 19<sup>th</sup> 8:30 a.m. - 4:00 p.m.  
Location:  
Lancaster Extension Education Center  
444 Cherrycreek Road  
Precision Agriculture has grown in importance and application as more agricultural producers become interested in this technology. This one-day seminar will introduce participants to the basics of this new and expanding field and provide information for future decisions. Participants will learn the principles of Precision Agriculture by both classroom instruction and hands-on examples. Topics include GPS technology, GIS technology, yield monitors and interpretation of collected data. Cost: \$15—Includes coffee, rolls, lunch and a reference manual. Preregistration is requested, 441-7180. (DS)



## Final private pesticide applicator training session

Private pesticide applicators have one more opportunity to receive certification training in Lancaster County in 1999. An evening session is scheduled for Thursday, February 18, 7-10 p.m. A registration fee of \$10 will be charged at the door. (TD)

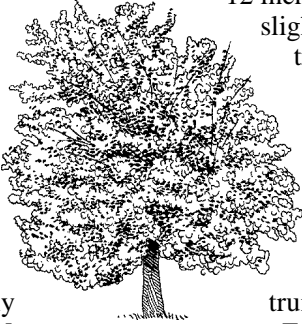


# Fertilizing trees and shrubs

Shade and ornamental trees and shrubs often benefit from added fertilizer. Fertilization can result in more rapid growth; faster recovery from injury, pruning or pest problems; improved health and better foliage color.

Fertilizers are best applied during the dormant season (usually November through April). A second best time is during the spring and early summer months (May through June). Do not fertilize between July and November.

Established trees and shrubs can be fertilized by applying granular forms of fertilizer via holes distributed throughout the root zone. A soil auger or large



drill bit can be used to make the holes. A hole 1-1/2 to 2-1/2 inches in diameter is ideal.

The first row of holes should be made at the drip line. The holes should be about 10 - 12 inches deep, slanted slightly toward the tree trunk, and about two feet apart. Additional rows should continue at two-foot row spacing. No holes should be dug closer than 18 - 24 inches from the trunk.

Fertilizer rates are based on the diameter of the tree measured 4-1/2 feet above ground. (Diameter equals circumference divided by 3.14.) Use the following formulas to determine the correct amount of fertilizer:

**For a tree 6 inches in trunk diameter or less:** apply 1-2 pounds of 10-6-4, 10-20-0, 12-12-12, 6-10-4 or a similar low-analysis fertilizer per inch of trunk diameter. Any complete fertilizer containing 6-12 percent available nitrogen is acceptable. High amounts of phosphorus and potassium are not necessary.

**For a tree over 6 inches in diameter:** apply 3 pounds of 10-6-4 or a similar low-analysis fertilizer per inch of trunk diameter.

Distribute the required amount of fertilizer evenly among the holes, placing no more than 1/4-1/2 cup of fertilizer in each hole. If you have fertilizer left over, drill more holes. Water until the holes stand full of water. The holes can then be filled with soil or a mix of soil, sand and peat. (DJ)

## Acreage Insights



# Tractor safety tips (part 2)

Tractors are one of the most important pieces of equipment on a farm, yet they are also among the most dangerous. More deaths are caused by tractors than by any other type of farm accident. It is therefore imperative that tractor owners routinely check their tractors and keep in mind the following safety guidelines:

- Be sure to have a slow moving vehicle emblem mounted on the rear of each tractor and each implement. This emblem should be centered between two and six feet above the ground.
- Review safety procedures in your manual regularly. Your operator's manual is the best safety guide you have, so make good use of it.
- Make sure the wheels of the tractor are set as wide as possible for a particular job. The broader the wheel base, the less likely it will be that the tractor will turn over. Make sure that your tractor is matched to its load. Many fatalities have been caused by the loss of control of a tractor that was going down hill with a heavy load. Even on level ground, the load should be no more than two times as heavy as the tractor. Make sure that your tractor's steering and braking mechanisms, gauges and lights are working properly. (DJ)

# Battery maintenance tips

To understand how to maintain a battery, you must know the enemies of long life.

Batteries stay healthiest when fully charged. Their biggest killer is being drained to zero percent. While deep-cycles are designed to resist draining, charging this type of battery after a complete drain decreases the unit's life.

When a battery discharges, the active material on both the negative and positive plates converts to lead sulfate. The plates become more alike in terms of their electrical charge, and the battery's acid, which conducts electricity between the

two poles, grows weaker. This results in a voltage drop because the battery depends on the polarity difference between the two plates, as well as the acid's strength. During charging, the process reverses itself. Therefore, if a battery is left in a discharged state for a long period of time, the damage can be irreversible. If you run a battery down, it's important to charge it as soon as possible.

The opposite, overcharged, can be even worse. This causes battery acid to percolate, which can then overflow or escape as gas through the vent, with resulting heat buildup, the plates

will soften and shed the charging grid's active material, causing a dramatic decrease in productivity.

Cold temperatures are ideal for storing batteries. Heat accelerates discharge. A battery will retain its charge indefinitely at temperatures less than 37 degrees F. so leaving it alone for the winter isn't a problem. The important thing is to make certain it's fully charged, because a deeply discharged battery's acid lowers a specific gravity similar to water and can freeze at temperatures near 10 degrees F. (DJ)

## University of Nebraska

COOPERATIVE EXTENSION

24 hours a day  
7 days a week

Information Center

1-800-832-5441 or 441-7188 (Lincoln area)

To listen to a NUFACTS message, call the number above on a touch-tone phone, then enter a three-digit number listed below.

Call 441-7180 to receive a brochure with all the message topics.

ACREAGE	
719	Nuisance Birds
703	Cleaning up After Rodents
612	Recycling Tips
613	Shop S.M.A.R.T.
611	Hazardous Waste Disposal
...and more than 400 additional topics.	

# Learn at your convenience —24 hours a day, 7 days a week—



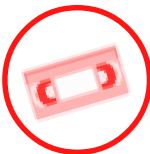
## NUFACTS (audio) Information Center

NUFACTS audio message center offers fast, convenient information. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.



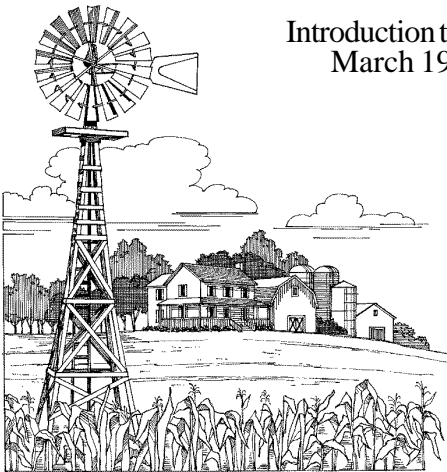
## Acreage & Small Farm Insights Web Site

Visit our Internet web site at: <http://www.ianr.unl.edu/ianr/dodge/acreage/index.htm> to learn about Extension programs, publications and links to other acreage and small farm information.



## "Part-time Farming" video

"Part-time Farming" will help develop your country environment and improve your quality of life. Just one hour of "Part-time Farming" provides tips that will save you costly mistakes and precious time. Call 402-441-7180 to order your copy.

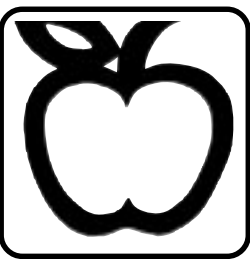


Introduction to precision agriculture  
March 19<sup>th</sup> 8:30 a.m. - 4:00 p.m.

Location:  
Lancaster Extension Education Center  
444 Cherrycreek Road  
Precision Agriculture has grown in importance and application as more agricultural producers become interested in this technology. This one-day seminar will introduce participants to the basics of this new and expanding field and provide information for future decisions. Participants will learn the principles of Precision Agriculture by both classroom instruction and hands-on examples. Topics include GPS technology, GIS technology, yield monitors and interpretation of

collected data.

Cost: \$15—Includes coffee, rolls, lunch and a reference manual.  
Preregistration is requested, 441-7180. (DS)



## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

"Warm bread pudding, holiday dinner rolls, spring picnic sandwiches, summer cookout buns – no matter the season, bread plays a central role in year-round traditions that nourish both our bodies *and* our souls" says Carolyn Logue, Nebraska Wheat Board. "And, bread's "feel good" qualities may go deeper than its reputation as a comfort food. Serotonin, a natural, feel-good hormone, can be released by consuming carbohydrate-rich foods, such as breads, rolls and buns" states Logue.

Consuming bread and wheat products is also a positive for Nebraska's economy according to Logue. Nebraska wheat farmers produced over 84 million bushels of wheat in 1998 and approximately 50% of that production was shipped to domestic flour mills. The wheat was ground into flour and used in products consumed by the general population or used for all-purpose flour sold on your grocery shelf.

To add cheer to a gathering—and to ward off winter's chill—Logue offers a recipe for a warming bread pudding topped with a brandy-laced apricot sauce. (**Note:** orange juice may be substituted for brandy). For more recipes or information on wheat, please contact the Nebraska Wheat Board at 800/651-6736 or [nwb@nrdec.nrc.state.ne.us](mailto:nwb@nrdec.nrc.state.ne.us)

### Bread Pudding with Brandy Apricot Sauce

5 cups dry French or white bread with crusts, cubed  
3 large eggs  
1/2 cup sugar  
3/4 cup brown sugar, firmly packed  
1 tablespoon vanilla extract  
1 teaspoon cinnamon  
3 tablespoons butter, melted  
2 cups reduced-fat milk  
1/3 cup raisins

Spread bread cubes in 8 x 8-inch pan coated with nonstick spray.

In a medium bowl, beat eggs until frothy. Add sugar, brown sugar, vanilla, cinnamon, butter and milk. Beat until well-mixed. Stir in raisins. Pour over bread, pressing bread down until coated. Cover and let stand in refrigerator 40 minutes, occasionally pressing bread down to soak. Bake 50 minutes at 325°F. Bake an additional 10 minutes at 400°F or until pudding is browned and puffy. A knife inserted near the center of the pudding should come out clean when the pudding is done.

### Brandy Apricot Sauce:

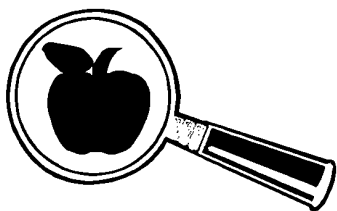
1 cup apricot preserves (2 12-oz. jars)  
1/4 cup water  
3 tablespoons brandy or orange juice

Bring apricot preserves and water to boil. Cook 1 minute. Add brandy and mix. Serve warm over bread pudding. Serves 12.

**Approximate Nutrition Analysis** (per serving): calories, 270; carbohydrates, 50 g; fat, 5 g; protein, 5 g; fiber, 1 g; sodium, 200 mg. (AH)

Call Alice Henneman at 441-7180 about Clean Hands Campaign!

## Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

**Q: What type of yeast should I use in my bread machine?**

**A:** The Wheat Foods Council advises the following: Most machines are programmed to use active dry yeast. Consult the manual if using a different kind of yeast. Cake or compressed yeast is not recommended. Both quick and regular dry yeasts may be used as directed by the manual.

The Wheat Foods Council also recommends that you check the expiration date on the package of yeast for freshness. Tightly seal containers of yeast and refrigerate or freeze. Bring to room temperature before using. One package equals 2 1/4 teaspoons, or 1/4 ounce.

*Source of information:* Wheat Foods Council Web site (<http://www.wheatfoods.org/got>). (AH)

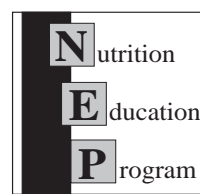
# NEP teaches non-English Families Nutrition

Non-English speaking families move to Lincoln, Nebraska for a variety of reasons. Imagine the challenges of beginning a new life in Nebraska after fleeing persecution, poverty and/or war in your home country. During the 1997-98 fiscal year, Lancaster County NEP provided education for 239 non-English speaking families, including 99 Hispanic families. One-hundred thirty-six have graduated from the program.

Catholic Social Services, WIC and Even Start are just a few of the programs that have provided volunteer interpreters, space and clients for NEP. Barbara Yllescas, EFNEP nutrition assistant, provides major leadership for non-English speaking NEP education. Barbara is bilingual and bi-cultural in the Hispanic community and has also provided translation for the Spanish newsletters.

Many of the Bosnian and

Croatian families have learned to use a shopping list and to shop only once-a-week. They were used to going to the market daily. A Bosnian family had a concern about sell-by dates on products. They had gone to the market that day and purchased meat which would expire that day. It was explained that the meat could be frozen and used later. Clients are also learning how to use frozen vegetables and that frozen and canned vegetables have the same amounts of vitamins and are as nutritious as fresh. It was thought that these were inferior. Many clients were defrosting their frozen vegetables first and not happy with the taste. CSS clients expressed an interest in the difference in milk in the U.S. They were used to buying raw, whole milk and boiling it. They were also interested in knowing that all the milk had the same amount of calcium; it only differed in the amount of fat.



### Nutrition Education Program

for Limited Resource Families

Barbara Yllescas  
Nutrition Assistant

The Hispanic group found out that you don't have to fry all the typical foods. Some foods can be baked in the oven, non-stick pans can be used or spray oils. Soup stock, instead of oil, can provide moisture for refried beans, and scrambled eggs can be made without oil.

Working with the non-English speaking families has been a rewarding and learning experience. We have all learned from each other.

## Bake your sweetheart something heart healthy!

February is the American Heart Association's Heart Month and is also the month of Valentines and chocolate. Here's a sweet treat from the New American Heart Association Cookbook, 25th Anniversary Edition to bake for a loved one or yourself! It tastes good and is heart healthy too with only one gram of fat per serving!

### Fudgy Buttermilk Brownies

Here's a wonderfully moist brownie to serve alone or topped with nonfat frozen yogurt.

Serves 16; 1 brownie per serving

Ingredients:

Vegetable oil spray

BROWNIES

1 cup all-purpose flour

1 cup firmly packed light brown sugar

cup unsweetened cocoa powder

1/2 teaspoon baking soda

1/4 teaspoon salt

Whites of 2 large eggs, egg substitute equivalent to 1 egg, or 1 egg

1/2 cup fat-free fruit-based fat replacement or unsweetened applesauce

1/2 cup nonfat or low-fat buttermilk

2 teaspoons vanilla extract

FROSTING

1-1/2 cups sifted confectioners' sugar

1/4 cup unsweetened cocoa powder

1 teaspoon vanilla extract

2 to 3 tablespoons fat-free milk



1. Preheat oven to 350°F. Spray a 9 x 9-inch square baking pan with vegetable oil spray; set aside.
2. For brownies, in a medium bowl, combine flour, brown sugar, cocoa powder, baking soda, salt and stir well.
3. In a small bowl, lightly whisk egg whites. Whisk in remaining brownie ingredients. Whisk into flour mixture until well blended. Pour batter into baking pan.
4. Bake for 30 minutes. Let cool in pan on cooling rack.
5. For frosting, combine confectioners' sugar and cocoa powder in a small bowl, stirring well.
6. Stir in vanilla extract, then gradually stir in milk until frosting is spreading consistency.

Spread over cooled brownies. Cut into 16 squares

Nutrient Analysis

**Calories:** 163; Protein: 2 gm; Carbohydrate: 38 gm; Sodium: 112 mg; Total Fat: 1 gm;

**Saturated Fat:** 0 gm; Polyunsaturated Fat: 0 gm; Monounsaturated: 0 gm; Cholesterol: 0 mg

**Source:** Used with permission from the American Heart Association. (AH)



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### NUFACTS

NUFACTS offers information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.

308 Foods That Do Not Freeze Well

330 Handling Eggs Safely

331 How Long Should You Keep Commercially Canned Foods?

and many more...

### Nutrition and Food Safety Web Site

Visit our internet web site at: <http://www.ianr.unl.edu/ianr/lanco/family/safety.htm>

**FREE monthly FoodRelections e-mail newsletter.**

To be added to the mailing list, e-mail Alice Henneman at [AHENNEMAN1@UNL.EDU](mailto:AHENNEMAN1@UNL.EDU)

### Diabetes Study Course

Call Alice Henneman (441-7180) for more information.



# Jean's Journal

Jean Wheelock  
FCE Council Chair



As I sit here in my favorite chair, I hear the wind blowing and see a thin blanket of snow still covering the yard. February is the month for hearts and flowers. Thank goodness for our modern world where, in the middle of winter, we can enjoy the beauty of a single rose or a whole bouquet of colorful flowers. Imagine what winters

must have been for our ancestors who struggled each day to keep their homes warm and feed and cloth their families. So many of us today have much for which to be thankful. A flip of a switch for heat, a trip through a local supermarket provides us with a huge variety of choices. Many people of our world are not so fortunate. The FCE organization helps others in many ways. A reminder that we are still collecting embroidery threads to send to India. The women will make beautiful decorations/

clothing to sell so they can earn a living for their families. Contributions can be dropped off at the extension office.

February is a special time to remember those we love so how about making a giant valentine to let them know how you feel. Give a hug or two to those special people. Remember, hugs are good for us and will help keep us warm on a cold winter day.

Happy Valentine's Day!

## Child care conference

The 4<sup>th</sup> Annual Infant-Toddler Child Care Conference “Growing Healthy Children” is scheduled for Saturday, March 27, 8 a.m. to 4 p.m. Child care providers will learn how to provide settings that promote development, provide a safe and healthy start, nurture positive qualities and values, and reflect the joys of happy, healthy children. Participants will receive six in-service hours. The fee is \$10 which includes lunch. Contact the Lancaster County Extension Office, 441-7180, or Family Service, 441-7949 or 1-800-642-6481, for more information and registration forms. (LB)

## - FCE NOTES -

### FCE leader training

The March FCE leader training lesson “Top Ten Tips and Reasons for Successful Baking” is scheduled for Tuesday, February 23 at 1 or 7 p.m. Sharon Davis, Home Baking Association Family & Consumer Sciences consultant will present the lesson. Participants will find answers to those nagging questions about home baking. Everything from why bake, to what flour, pan leavening or substitution will work will be covered.

Anyone interested in this topic is invited to attend. Non-FCE members should register by call 441-7180. (LB)

### FCE Scholarships

Now is the time to apply for scholarships and grants if you are planning to continue your education. Applications for the following scholarships may be obtained at the University of Nebraska Cooperative Extension in Lancaster County.

A \$200 Homemaker's Education Grant, sponsored by the Nebraska Association of Family and Community Education Clubs, Inc., is available for an FCE club member planning to take courses leading to an academic degree, vocational training or completing high school. Applications are due April 1, 1999. The grant must be used between June 1 and December 31, 1999.

A \$125 scholarship is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in family and consumer science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 1999 or who have completed two quarters of study in a vocational school. Applications are due April 1 in the extension office. (LB)

## Parents Forever

Fewer than half of America's children can expect to live out their childhood with their biological parents. When parents fail to deal constructively with custody, child support, and other difficult divorce issues; the pain, for the children and parents, alike endures long after the divorce is final.

Parents Forever is a research-based curriculum developed by the University of Minnesota Extension and delivered by the University of Nebraska Cooperative Extension in collaboration with St. Elizabeth's Regional Medical

Center, Northeast Family Center and Lincoln/Lancaster Mediation Center. The program puts parents on the path to minimizing trauma associated with divorce for their children.

Parents Forever responds to Nebraska legislation LB777 encouraging educational programs for divorcing parents. This curriculum encourages parents to work out agreements on contentious issues and avoid putting their children in the position of having to make decisions that seem to favor one parent over the other. The program focuses on what

children experience and how parents can lead their children through this time of transition while helping their children regain a sense of stability.

A series of three 2-hour workshops will be held Thursdays, March 11, 18 & 25, 7-9 p.m. each evening at the Northeast Family Center, 5903 Walker. Cost for the entire series is \$30 (includes the cost of a manual) and child care will be provided, if needed. Registration deadline is March 3. Please call LaDeane at 441-7180 for additional information and a registration form. (LJ)

## Stress? deep breathing brings relief

Try this great technique for releasing tension and reducing stress:

Sit quietly in a comfortable position and close your eyes.

Alternate tensing and relaxing each set of muscles, progressing from your feet to your face.


Breathe through your nose, inhaling and exhaling slowly as you relax. As you exhale, say the word “one” silently to yourself.

Keep your eyes closed for 10-20 minutes, opening them only to check the time.


Keep your mind passive and clear, allowing your body to relax at its own pace. Don't try to force deep relaxation.

Continue to say the word “one” silently as you exhale. Try hard to ignore any disruption. (LJ)

Family Living



HOUSEHOLD HINTS



by Lorene Bartos, Extension Educator

The treatment to remove paint from fabric depends on whether the paint is water or oil-based. For water-based paints, rinse the soiled area in warm water, then launder. Removal must be done while the paint is still wet; when dry, water-based paints become permanent. For oil-based paints, check the paint can label, then use the same solvent recommended as a paint thinner. If there is no label, use turpentine. Always test on a inconspicuous area of the garment first. Rinse, then pre-treat with a pre-wash stain remover, bar soap or laundry detergent. Rinse again, then launder. (LB)

## 5 steps to deal with anger

Stop! Don't do anything.

Step away! Walk away from people and situations that make you angry. Give yourself time to cool down.

Think! Who is angry? You or the other person? What causes your anger? What causes the other persons anger?

Communicate! Talk to someone you trust—it lets you get your feelings out. Can you say “I'm angry, but I'm still your friend. We have a problem to solve”?

Solve the problem! Do something positive with your anger. Try to change the situation. (LJ)

## What motivates children to read

Children are more likely to read if the following conditions are present in their immediate environments.

Accessibility—Books should be immediately visible and available. If you are in a book-rich environment you will probably read. Children need to own their own books and they should be encouraged to start their own home libraries. Remember, books are great gifts.

Choice of Material—Children enjoy and remember reading the books they have chosen; they find assigned reading pretty forgettable. When children are read to, encourage them to choose at least some of the stories or poems.

Familiarity—Children read about characters, situations and places they are already familiar with. Series and movie knock-offs are okay if we wish to nurture engaged readers.

Sharing Ideas—Children read when there is someone to talk with about what they read. Book visits, interviews, discussion groups and reading clubs at libraries and in classrooms are good

continued on page 11

## Singing important to kids

*Itsy-Bitsy Spider, Twinkle Twinkle Little Star, Six Little Ducks, Mary Had a Little Lamb*—most children whether in Nebraska or Florida know the words and actions to songs like these. Singing comes naturally to most parents and whether they sing on tune or not, they sing to children to comfort, calm, and play.

Dr. E.D. Hirsch, author of *Cultural Literacy What Every American Needs to Know*, says that singing is not a frill. “We not only need shared experiences to form the larger American community, but common points of reference to understand one another,” he says. “Singing provides an excellent common reference.”

Music tends to organize preschool children. It helps organize time into small chunks through rhythm and beat, and it develops the ability to anticipate. That's why so many teachers use music as a transitional tool—and why there are so many clean-up songs, hello songs and end of the day songs.

Exposing your children to music will provide them with entertainment and at the same time help enrich their sense of cultural literacy. Here are a few songs that nearly all children know before starting school: *Alouette, Baa Baa Black Sheep, Bingo, Did*

continued on page 11





# 4-H Bulletin Board

- Sunday, March 14, 4-H Ambassadors meeting, 1:45 p.m. (TK)
- Sunday, March 14, 4-H Teen Council meeting, 3-5 p.m. All interested teens are invited. (TK)
- 4-H Music Contest is Sunday, April 25, 2 p.m. at Dawes Middle School. Rules can be found in last year's fair book. Stop by the office or call Tracy to get a registration form. All registrations are due to the office by April 16. (TK)
- Mark your calendars! **New** date for 1999 4-H Style Revue is July 21. (TK)
- Remember—All 4-H clubs have their own mailbox at the extension office. 4-H leaders and/or 4-H parents will want to check them from time to time for information and materials. (TK)

## Attention 4-H teens

The Lancaster County Citizen Washington Focus group invites you to join them on their journey to Washington D.C. They will be leaving on June 14 and returning on June 28. Highlights of the trip will be sightseeing in Chicago, Canada, New York City, Pennsylvania, West Virginia, Washington D.C. and St. Louis, just to name a few. The group will also have a chance to meet with Nebraska's representatives on Capitol Hill to discuss current issues dealing with government. If you would like to travel, meet new friends from all over the nation and have an experience of a lifetime, call Deanna at 441-7180 for more information. (DK)

## 4-H Speech Workshop

Plan on attending the 1999 4-H Speech Workshop. It will be Sunday, February 21, 6-7:30 p.m. The workshop will help all ages learn to write and deliver speeches and to gain self esteem. There will also be a special guest speaker to talk about the importance of public speaking. What better way to improve or learn the most important skills you have? Mark this date on your calendar and I will see you there! (DK)

## Come to the record book workshop Saturday, March 20, 9:30 a.m.

Do 4-H record books confuse you? Would you like to learn some record book "how-to's"? Did you know you can complete your record books on the computer? Attend this workshop and discover answers to your record book questions, tips to make your records books shine and how to successfully complete them. (TK/DK)

## Attention all 4-H leaders and parents!

**4-H Leader Training**  
**Monday, February 22 • 9:30 a.m. or 7 p.m.**

This 4-H leader training is for **all** 4-H leaders and parents. We will explore 4-H activities, record books, projects and other 4-H events. Please bring your questions, concerns and success stories. See you there!  
*Note:* Monthly 4-H leader training will be offered through the month of May. Each 4-H training will be different and will focus on a variety of areas of the 4-H program. Watch the NEBLINE for future 4-H leader training opportunities. (TK)



## Rabbit Clinic and Show

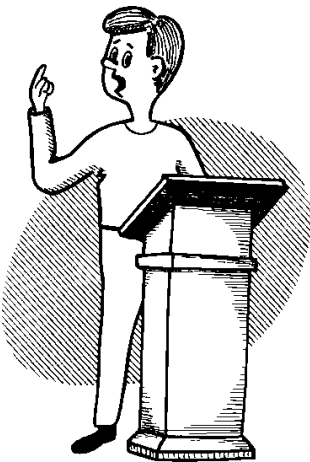
Lancaster Building, State Fair Park  
Rabbit Clinic, Saturday, March 6  
9 a.m.-1 p.m.  
Rabbit Show, Sunday, March 7  
Registration 7:30-8:30 a.m., show starts at 9 a.m.  
Entry fee: \$1.75 per rabbit (in advance)  
\$2.50 per rabbit (day of show)  
\$1.50 for showmanship  
Pee Wee Show: Free for any child age 1-8. (EK)

## Character Counts! opportunity

**Making Character Count! for youth ages 9-12.**  
Need something to do on Thursday, April 9, 8:30 a.m. to 4:00 p.m.? It's a holiday from school and we have a great day planned for everyone ages 9-12. Learn about the Six Pillars of Character: responsibility, trustworthiness, caring, citizenship, respect and fairness, through games, crafts, skits, and other hands-on-activities. Practice making good decisions and learn how to be good community citizens by giving service. Make new friends and get a t-shirt to wear. Cost for this fun-filled day is \$10 and includes lunch and your t-shirt.  
Ask for a pamphlet about the event. If you have any questions contact LaDeane Jha or Karen Whitson, 441-7180. (LJ/KW)

## Speech contest

The 1999 Lancaster County Speech Contest will be Sunday, March 21, registration will begin at 1:30 p.m. at the State Capitol Building.  
Youth will compete in one of four divisions. Novice division speakers (8-9 years old) will present a speech up to 2 minutes in length. Junior division speakers (10-11 years old) present for 2 to 3 minutes. Intermediate division speakers (12-13 years old) present for 3-5 minutes and the senior division speakers (14-19 years old) present for 5-8 minutes. Youth can also prepare a 45 second public service announcement.  
More information on this contest can be obtained by attending the speech workshop scheduled for February 21 from 6-7:30 p.m. at the extension office. To register or ask questions, please call Deanna at 441-7180. The registration deadline is March 12. (DK)



### Registration Form

Name \_\_\_\_\_

Organization/Club \_\_\_\_\_

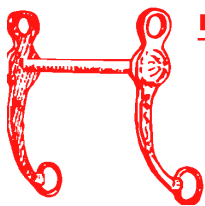
Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Event \_\_\_\_\_ Date of Event \_\_\_\_\_

Registration fee is \$10.00 per person. Make check(s) payable to Cooperative Extension.  
Registration deadline is **one week before event.**  
Return registration form and fee to: LaDeane Jha; UNL Cooperative Extension in Lancaster County; 444 Cherrycreek Road; Lincoln, NE 68528-1507. (KW)



# ORSE BITS

## Preventing barn fires

From hay and bedding to horse blankets, our barns are full of combustibles just waiting to ignite. According to the National Equine Safety Association, over 5,000 barn fires a year kill more horses than all natural disasters combined. Most are preventable, but it takes conscious effort and, in some cases, money.

Alarm systems can save lives and property, but barns present significant challenges. Standard ionization smoke detectors often malfunction in a barn environment, either clogging up from dirt or setting off false alarms triggered by dust or condensation. A heat detector is a better option, but then you must choose the right kind. There are three kinds: *fixed temperature detectors*, which activate when the surrounding temperature reaches a certain level; *rate-of-rise detectors*, which activate when they sense an abnormally fast rate of temperature increase; and *rate-compensating thermal detectors*, which combine both. The latter are most effective for a barn. Rate-compensating thermal detectors cost \$40 to \$50 each, not counting a control panel or monitoring system. Of course, an alarm does no good if no one hears it, so you should include a hook up to either your home or, better yet, to a 24 hour monitoring service.

In barn fires, your first priority should be to (1) evacuate all humans, (2) call the fire department, (3) evacuate horse (ONLY if the fire is still small and there's no risk to your own safety), and (4) try to put out the fire. Remember, there's no way to predict how fast a small fire may burst into an inferno; at the same time, you wouldn't want a small, easily contained fire to spread unchecked if you had the means to quickly and safely stop it. Before you reach for the hose though, remember: gas, oil, and electrical fires are more dangerous when mixed with water.

Whenever possible, you should use a general-purpose fire extinguisher. Your best buy is a multipurpose ABC rated fire extinguisher that can be used on all types of fires. Look for models with metal caps, not plastic which can melt in heat. It is recommended that you have at least one extinguisher for every 2000 square feet of space. Clean and inspect the extinguisher once a month. Also, take time to practice with the extinguisher.

Fire sprinklers are worth considering. They are the best means of protecting animals and barns. The problem with automatic sprinklers is that they must have adequate water pressure. Unfortunately most rural stables don't have a well-water system with enough water pressure for even one sprinkler head. It is possible to put in your own large underground holding tanks along with compressed nitrogen which supplies the pressure for the sprinkler system, but costs can be high, as much as \$12,000 to \$15,000 for a one-story 70' x 40' barn with no loft.

If you're planning to build a new barn or expand an existing barn, fire retardant treated wood can be a smart investment. The wood contains chemicals that reduce flame spread and smoke. Eventually the wood will scorch, but once the straw or other combustibles are burned up, the fire will not continue to burn and spread. You need to note that "interior" formulations are leechable and will lose their fire-retardant qualities when exposed to moisture. A better option for horse barns would be an exterior formulation which is more expensive, but is not affected by high humidity and kicked-over water buckets. And if your barn is already built, you can still buy yourself some extra time by applying a flame retardant coating. It won't save your barn, but it will hopefully slow a fire down long enough to give you

time to evacuate your horses.

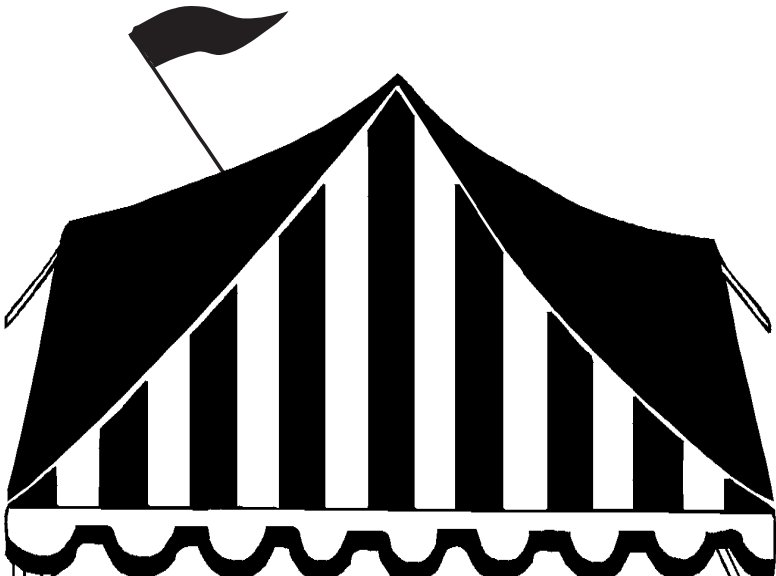
According to the NESA, when lightning strikes, nine out of 10 barns will burn to the ground. A properly installed lightning-rod will harmlessly divert lightning bolts straight to the ground. UL and National Fire Protection codes specify at least two ground rods for each building, and spaced as far apart as possible. The cost is estimated to be between \$1,000 and \$1,500 depending on labor rates. This is not a do-it-yourself project. If a system is installed incorrectly, a lighting rod can cause more damage than if you have no system at all.

### PREVENT A FIRE BEFORE IT STARTS

- Reduce dust and cobwebs, especially around electrical outlets, lights and appliances.
- Don't store fuel for farm equipment in the barn.
- Store hay, bedding and fuel-powered farm machinery in a separate building.
- Isolate and store essential flammable materials behind a fire-proof partition or in a metal cabinet away from heat sources. Dispose of oily rags in covered metal trash containers. Regularly remove trash.
- Keep electrical motors clean. Unplug electrical devices when not in use. It's never a good idea to use portable electric or propane heaters in a barn, but if you must do so, be sure to use models with automatic shut-offs in case they get knocked over.
- Maintain a firebreak around the stable. Clear shrubs, debris and overgrown grass at least 20 feet from around the barn, paddocks and storage buildings.
- Absolutely no smoking, no exceptions.
- Avoid the use of extension cords.
- *Keep your exit routes clear.*

(EK)

## 4-H & Youth



## Kiwanis Karnival

Karnival time is here! The Kiwanis Karnival is a free family event sponsored by Lincoln Center Kiwanis and the 4-H Council. It is scheduled for Saturday, April 17, 7-9 p.m. at State Fair Park in the Grandstand Building. All 4-H families are invited to attend this fun and free activity.

4-H clubs or families are needed to provide carnival-type game booths for the evening. Each booth will have an area 4' x 6' to use. Prizes are provided. If your club or family would like to provide a booth, call the extension office to register by March 21. More information will be provided to those assisting with booths.

There will be bingo for the adults and treats for all. Plan now to attend this fun, family activity. For more information, call Lorene at 441-7180. (LB)

.....



## Learning about space is cool!



Blue Sky Below My Feet is a school enrichment program that educates around 3,000 Lancaster County fourth graders yearly. Youngsters learn about the space shuttle, how gravity affects us on earth and how astronauts cope with a near-zero gravity situation while in space. Youth discover how the space suit is constructed and why nutrition and exercise play a big part in an astronaut's day. Students actually get to sample real space food from NASA.

With John Glenn's space journey, Pathfinder's success and the new space station being built, youngsters are more

excited than ever to learn about space, about going to other planets and about becoming an astronaut. Blue Sky Below My Feet is a great introduction to the space program and the study of planets.

### Did you know...

1. Mercury revolves around the sun faster than any other planet in the solar system. It zips along at speeds of more than 30 miles per second!
2. The largest mountain and the largest sandy desert in the entire solar system are located on Mars.
3. At one time, Pluto may have been one of Neptune's moons.
4. A huge asteroid hitting the Earth may have been what caused the dinosaurs to become extinct some 65 million years ago.
5. If Saturn were dumped into a huge glass of water, it would float. Earth, on the other hand, would sink—even though its diameter is nearly 10 times smaller than Saturn's. (ALH)

## 1999 photo themes

The new state and county photography themes have been announced. Unit II only: **Nebraska signs:** Pictures of signs found in Nebraska. Unit III only: **The Faces I See:** Photos of faces and facial expressions (may or may not be human faces). Keep these in mind as you begin taking photographs for your 1999 photography exhibits. (TK)



## SNAP Southeast Nebraska Association of Photographers

One of the best ways to become a better photographer is to enter photography contests. SNAP is currently sponsoring a contest titled, "Openings." It is intended for all skill levels. The photo subject is just about anything you can walk through, jump through, crawl through—rustic, historical or modern. This includes doors, windows, hallways, caves, gates, tunnels, auto doors and windows, etc., open or closed.

Entries must be received by April 4, 1999. Contact Tracy for registration information. (TK)





## Community Focus

# Recycled products show to be held February 17

The Lincoln Chamber of Commerce's WasteCap Program, in conjunction with the City Recycling Office and the Industrialized Nebraskans of Organized Recycling Management (INFORM), has announced Lincoln's Second Annual Recycled Products Show. This event, designed to target businesses, will showcase products made only from recycled content

materials as well as recycling service providers in the area. There will be several vendors with different products to display. Products will range from recycled office products to innovative uses for old tires, recycled content building materials and recycled content carpet. A "Green Office" will be set up to display the array of recycled content of office

products available to businesses. It is an event designed for any type of business.

The event will be held on Wednesday, February 17. The vendor show (free of charge) will be held from 3 to 5 p.m.

For more information contact: Carrie Hakenkamp, director, WasteCap of Lincoln, (402) 472-0888. (GB)

# Nebraska Pioneer Farm Family Awards—A call for nominations

For the 44<sup>th</sup> year, the Knights of Ak-Sar-Ben and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families whose land has been owned by the same family for 100 years or more. Titled the "Nebraska Pioneer Farm Family Award", local recognition requires that the land of a family in Lancaster County must have been owned by some member of that family for a century or more. Today, nearly 6,000 families in 91 of Nebraska's 93 counties have been honored at various county fairs. Each

honoree receives an engraved plaque and gatepost marker for this milestone and public recognition at the Lancaster County Fair.

This program is just one of those supported by the Knights of Ak-Sar-Ben Foundation which was founded in 1895 "to build a more prosperous Heartland, where communities can flourish and every child can succeed."

Five "Nebraska Pioneer Farm Family Awards" were presented in 1998. The recipients were:

Richard & Sondra Block, Roca

R.B. Hoppe, Denton  
Ralph & Sara Olson, Ceresco

Josephine Reihart, Lincoln  
Emma Wismer, Hickman

Applications for this year's recognition must be submitted no later than May 1, 1999. To secure an application form, send a written request to Jerrie Stein, secretary, Lancaster County Agricultural Society, Inc., 2301 Sheffield Place, Lincoln, NE 68512. (GB)



# National Agriculture Week—March 14-20

Is agriculture important? You bet! It's necessary to survive!

**Agriculture provides food, fiber and other agricultural products...all the things we eat and use start with the land.**

-American farmers produce 16% of the world's food on just 6% of the world's land.

-945.5 million acres in the United States are devoted to agriculture as cropland, timberland or for fish farming.

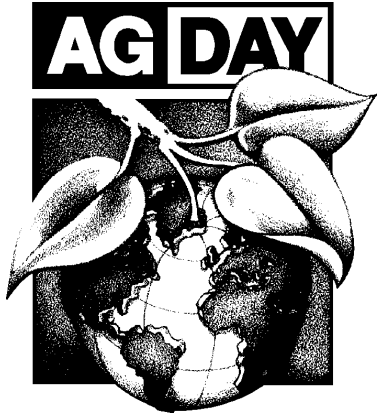
-There are more than 150,000 supermarkets in the United States and they offer over 26,000 different foods.

-Cotton share in apparel and home furnishings has grown every year since the early 1980's. Demand for jeans has helped cotton achieve a 65% share of the total apparel market.

**Agriculture provides jobs and economic opportunity...workers and businesses transform raw commodities into products we can use.**

-Agriculture, along with its related occupations, is the nation's largest industry, generating billions of dollars each year. One out of every five jobs depends on agriculture in some way. Agriculture is America's largest employer, with almost 23 million people working to grow food and fiber, and process, transport and market to consumers.

-The United States exported \$60.4 billion and imported



## Ag Day - March 20

\$33.6 billion in agricultural products in 1996, continuing its unbroken 30-year record of a positive agricultural trade balance.

**Agriculture and our quality of life...providing a beautiful planet and a healthy place to live.**

-In 1996, farmers had placed 36.4 million acres of their land in conservation reserve to protect the environment and provide for wildlife habitat.

-One acre of trees can absorb about 13 tons of dust and gases every year from the air, through photosynthesis, making air cleaner to breathe.

-Plants and trees are renewable natural resources that care for our environment.

Source: Adapted from Agriculture Council of America. (GB)

# Featured Speaker at Forum, March 9

The E.N. Thompson Forum on World Issues will present a free lecture at the Lied Center for Performing Arts, 12<sup>th</sup> & R Streets on Tuesday, March 9, 3:30 p.m. A cooperative project of The Cooper Foundation and the University of Nebraska-Lincoln, the E.N. Thompson Forum is about presenting new perspective that will expand your world vision.

the end of the Cold War, he has been known for his advocacy of extending the reach of democracy and open markets around the world.

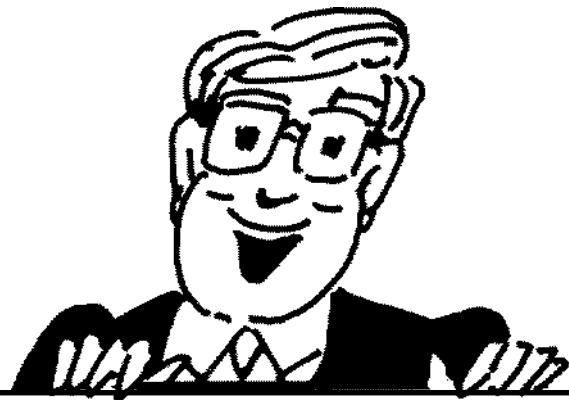
Throughout his career, Lake has written and spoken about the necessity of harnessing American power to the pursuit of both its interests and ideals. He has worked to use that power in opposition to those regimes and organizations that oppose what he called "democracy's promise of a better, safer world."

Widely traveled in his diplomatic and academic career, Lake served as U.S. Vice Consul in Saigon and Hue (1963-1965), as an aid to Henry Kissinger from 1969-1970 and as director of Policy Planning in the State Department (1977-1980). He is uniquely positioned to shed light on what has been described as the fragile stability of our post cold war period, examining economic and political opportunities and dangers in an era of global communications and markets. He is the author of "Somoza Falling" and "Our Own Worst Enemy: The Unmaking of American Foreign Policy," and was contributing editor of "Legacy of Vietnam: The War, American Society and the Future of U.S. Foreign Policy." (GB)



**Anthony Lake, Featured Speaker**  
**Superpower or Supercop: Dangers and Opportunities in the Post Cold War Era**  
**March 9, 1999**

Lake served as National Security Advisor to President Clinton from 1993 to 1996. In advising the President and in coordinating implementation of some of the toughest decisions the United States has made since



# Do you know someone who wants to start a food manufacturing business?

The 'From Product to Profit' seminar is the first phase of the **Entrepreneur Assistance Program**. This nationally recognized program, offered by the Food Processing Center at the University of Nebraska-Lincoln, assists entrepreneurs through all phases of developing a food manufacturing business. The upcoming 1999 seminar dates to choose from are: **March 13, April 29, June 25, August 16, and October 19.**

The second phase is Start-Up Services and Consultation. During this phase participants receive confidential and individualized assistance with product development, business development and product introduction into the marketplace.

Growth Services are offered on an on-going basis. As companies grow, they often need assistance in improving their efficiency, productivity and profitability. Because each company's needs vary, marketing consultants and food scientists at the Food Processing Center offer confidential services on a project proposal basis.

To receive an informational packet contact:

Arlis Burney  
Entrepreneur Assistance Program  
Food Processing Center  
University of Nebraska-Lincoln  
143 H.C. Filley Hall  
Lincoln, NE 68583-0928  
402-472-8930  
aburney1@unl.edu  
Web site: <http://foodsci.unl.edu/fpc/market/ent.htm> (GB)

Try this trash game. It's fun!

continued from page

choose a slip of paper, then tell the group how it could be removed from the garbage by referring to one of the 3 R's reduce, reuse, recycle. For example, you could reduce by using a cloth napkin instead of a paper one, recycle a glass jar or put food waste in a compost pile, or maybe reuse a torn shirt by making wash rags.

3. When the game is finished, look to see if anything is left in the trash can. Most likely there will be a few things that must be discarded. But think of the space you've saved in the landfill and the energy that it takes to product new items. Good job! (ALH)



Lime and other nutrients key to soil fertility

continued from page 4

the material will react.

The price of lime will increase with finer grinds because of the cost to grind. When comparing finer ground sources of limestone to material such as pelleted lime or fluid lime to aglime, the aglime usually reacts slower. By the end of the first year, an equivalent amount of lime from any of the three sources will have equally raised the pH to the same amount. The critical thing to remember is that a given amount of effective lime material is required to neutralize a given amount of acidity. That is, if a lime recommendation calls for 3,000 pound per acre of aglime, 500 pounds per acre of a finer ground material won't neutralize the same amount of soil hydrogen. Thus, the pH rise will be greater for the aglime than the lesser rate of finer ground material.

Lime is best applied in the fall. But it can be applied in the early spring as soon as a producer can get in the field and before tilling and planting.

For grain crops, nitrogen is normally needed in large amounts. Once the amount of nitrogen required for the crop is determined, there are several ways to apply the nitrogen. The most efficient is to apply the nitrogen during the period of highest crop demand. However,

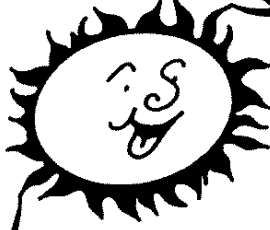
on silt loam and silty clay loam soils, nitrogen can be applied in the fall, spring or sidedressed. Liquid and urea sources of nitrogen aren't recommended in the fall because some of the nitrogen is already in the nitrate form or easily converted to nitrate and may be subject to leaching faster than if the nitrogen is applied as anhydrous ammonia. Further liquid and urea sources of nitrogen left on the soil or residue surfaces for long periods of time are subject to volatilization losses.

In sandy soils, fall application of any form and early spring application of liquid or urea sources of nitrogen is discouraged and in some ground water control areas is not permitted.

A small amount of nitrogen as starter with the balance of the nitrogen required sidedressed or applied through the irrigation system is the most efficient. Anhydrous ammonia could be spring applied on sandy loam soils but is discouraged on loamy sand textured soils.

Nutrients such as phosphorous and potassium can be broadcast in the fall for spring grain crops as well as alfalfa and pastures.

SOURCE: Ken Frank, Ph.D., soil fertility specialist, NU/IANR (TD)



## Great Plains Music Camp, June 12-19

The Great Plains Music Camp is an 8-day camp designed to develop musical leadership qualities in high school students who have completed the eighth grade during 1998-1999 through graduated seniors from 1998-1999. Campers will have exceptional opportunities to develop individual musical skills and interests through:

- \* working closely with Nebraska's largest faculty of professional musicians and teachers
- \* structured private lessons
- \* masterclasses from a member of the UNL faculty
- \* structured practice times each day
- \* large ensemble rehearsals

In addition students may choose from a variety of workshops, including:

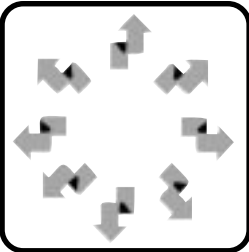
- \* vocal and instrumental jazz ensembles
- \* vocal and instrumental chamber ensembles
- \* show choir
- \* music theatre
- \* keyboard study
- \* jazz basics
- \* understanding music

Camp fee is \$300 (two private lessons, room and meals in a university residence hall and the use of recreational facilities on campus). Fee excluding over-night housing and breakfast is \$220.

For an application or a brochure with more information on the Great Plains Music Camp, call 402-472-6830 or email us at [jsievert1@unl.edu](mailto:jsievert1@unl.edu). Application deadline: May 10, 1999.

Visit our web site at: [www.music.unl.edu](http://www.music.unl.edu) (GB)

Miscellaneous



What motivates children to read

continued from page 7

things. Parents and other contacts are powerful first teachers when they talk with the child about what they are reading and ask the child to talk about their books and stories. A children's librarian said that her mother entered so enthusiastically into her love of Nancy Drew and mystery solving that she became very interested in her mother's books and they talked together everyday about what each was reading.

Reading is its Own Reward—Children who regularly receive gold stars, pizza and other prizes for their reading begin to avoid reading and enjoy it less. Children who receive books as rewards continue to enjoy and seek out reading experiences. This has implications for summer reading programs, as well as school programs. Parents reward their children by making reading the reward, not the chore. "I'll read to you when you've picked up your building set—when you have your pajamas on, etc." instead of, "If you'll sit down and read with me, you can watch that television special."

These principles are based on recent research findings conducted in various educational settings and reported at [www.scholastic.com](http://www.scholastic.com). (LJ)



Sing is fun for kids!

continued from page 7

You Ever See a Lassie, Itsy Bitsy Spider, Here We Go 'Round the Mulberry Bush, The Hokey Pokey, If You're Happy and You Know It, Mary Had a Little Lamb, The Muffin Man, Old MacDonald Had a Farm, Ring Around the Rosies, Row, Row, Row Your Boat, Three Blind Mice, Twinkle Twinkle Little Star, The Wheels on the Bus. Which ones have you sung to a child lately? (LJ)

Reduce debt, increase savings

Money 2000+ is a nationally sponsored program through cooperative extension to help participants either reduce debt or increase savings. To enroll, contact the Lancaster County Extension Office to request an enrollment packet. Return the enrollment form and \$15 to complete the enrollment and receive the first issue of the Money 2000+ newsletter. For more information contact LaDeane at 441-7180. (LJ)



Be A Better Gardener

4-H Program

Ages 5-19

5 Steps to be a better gardener:

- 1 Sign up for Be A Better Gardener 4-H Youth Program.** Use the form below to preregister by **March 30, 1999**.  
**Sign up for 4-H Horticulture Project area.**  
Everyone A Gardener  
The World of Flowers
  - 2 Be A Better Gardener participants can pick up notebook, information package and free seeds on or after April 8, 1999 at the Lancaster County Extension Office.**
  - 3 Attend optional workshops and contests:**  
Horticulture contest practice: June 30, 1999; 2-4 p.m.  
Horticulture, Tree I.D. & Weed I.D. Contests: July 14, 1999; 10 a.m.-12 Noon  
How to Show Horticulture Exhibits at the Fair Workshop: July 19, 1999; 2-4 p.m.
  - 4 Raise a garden.**  
Choose what kind of garden you would like to grow—vegetable, perennial flower, annual flower, container, herb, fruit, butterfly or combination.
  - 5 Keep a journal of your garden.**  
Keep weekly records of your garden's progress. Take pictures of your garden. Evaluate your garden plants. Enter your journal as an exhibit at the county fair.
- Benefits:**
- free gardening information
  - free seeds
  - free educational workshops
  - free garden notebook

This program is available to youth enrolled in the Lancaster County 4-H Program, ages 5-19.

Be A Better Gardener Preregistration

PREREGISTRATION DEADLINE: MARCH 30, 1999

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

I would like Flower seeds \_\_\_\_\_ or Vegetable seeds \_\_\_\_\_ (check one)

Send to: Lancaster County Extension Office, Attn: Mary Jane  
444 Cherrycreek Rd. Lincoln, NE 68528-1507





The NEBLINE

Nebraska Cooperative Extension Newsletter  
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.



Gary C. Bergman, Extension Educator—Unit Leader

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

- Mary Abbott, Extension Assistant
- Lorene Bartos, Extension Educator
- Tina Brown, AmeriCorps VISTA Volunteer
- Corey Brubaker, Extension Educator
- Maureen Burson, Extension Educator
- Linda Detsauer, Nutrition Advisor
- Tom Dorn, Extension Educator
- Soni Cochran, Extension Assistant
- Lenora Fittro, Nutrition Advisor
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- David Smith, Extension Technologist
- Marilyn Waldron, Nutrition Advisor
- Karen Whitson, AmeriCorps VISTA
- Jim Wies, Extension Assistant
- Barb Yllescas, Extension Assistant



Phone numbers:

- Office (leave message after hours) .....441-7180
- After hours .....441-7170
- FAX .....441-7148
- COMPOSTING HOTLINE .....441-7139
- NUFACTS INFORMATION CENTER .....441-7188

OFFICE HOURS: 8 a.m. to 4:30 p.m. Monday-Friday



Nebline Feedback

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- ☐ Order subscription (*free—however, there is an annual \$5 mailing and handling fee for zip codes other than 683—, 684—, 685—, 68003, 68017, and 68065*)
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Comments \_\_\_\_\_

\_\_\_\_\_

Story Idea(s) \_\_\_\_\_

\_\_\_\_\_

Return to:  
University of Nebraska  
Cooperative Extension in Lancaster County  
444 Cherrycreek Road, Lincoln, Nebraska 68528-1507

Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

February 15

Holiday, President's Day—Office Closed

February 16

Star City Rabbit Raisers Club Meeting ..... 7 p.m.

February 18

Fair Board Meeting ..... 7:30 p.m.

February 20

PAK 10 Rabbit Judging/Clinic—*Douglas County Extension Office, Omaha*

February 21

Speech Workshop ..... 6-7:30 p.m.

February 22

4-H Leader Training ..... 9:30 a.m. or 7 p.m.

February 23

FCE Leader Training ..... 1 or 7 p.m.

March 2

4-H Council Meeting ..... 7 p.m.

March 5

Small Animal VIPS Meeting ..... 7 p.m.

March 6

Rabbit Clinic—*Lancaster Building, State Fair Park*

March 7

Rabbit Show—*Lancaster Building, State Fair Park*

March 8

Shooting Sports Meeting ..... 7-9 p.m.

Extension Board Meeting ..... 7:30 p.m.

March 10

Horse VIPS Meeting ..... 7 p.m.

March 11

Cat Club Meeting ..... 7 p.m.

Rabbit VIPS Meeting ..... 7 p.m.

March 12

Speech Contest Entries Due

Character Counts! Camp for 5-12 year olds

March 13-14

Horsin' Around Clinic—*Lincoln*

March 14

4-H Ambassador Meeting ..... 1:45 p.m.

Teen Council Meeting ..... 3-5 p.m.

March 15

4-H Leader Training ..... 9:30 a.m. or 7 p.m.

March 16

Star City Rabbit Raisers Club Meeting ..... 7 p.m.

Reflections of Teen Leadership

continued from front page

for the promotion of 4-H. I started to feel great about myself. I guess this was when *getting something out of this club, while I was putting something into it.* Before I realized it, I was not only helping the 4-H Teen Council, but I was helping others in school, church and family/friends activities. We'd sing for senior citizen homes, read and tutor children, and cook meals for our congregation.

Becoming the Leader to Others

As years passed, I discovered myself being one of the older teens. Thus I remembered my expectations and admiration of them being so helpful and

kind. I realized it was time for me to do my part which required taking responsibility of being a role model to younger children. Along with my continuous support from my parents, friends, and other people, I kept this desire and want of helping others. I also found myself expanding my horizons and I wanted to do more. So I took the initiative to challenge other youth to join Teen Council and to find this "responsibility" and "leadership" within them. I also challenged them to apply it to more than just 4-H, but to use it in school, church and their community.

The Challenge

I challenge you (from youth

to teens to adults) to try to make a difference, not necessarily a big difference, any difference is better than nothing. I challenge you to discover this leadership within and to apply it to make the best better.

